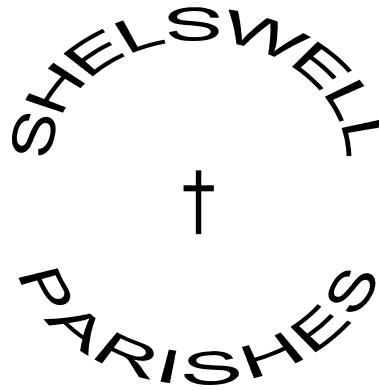




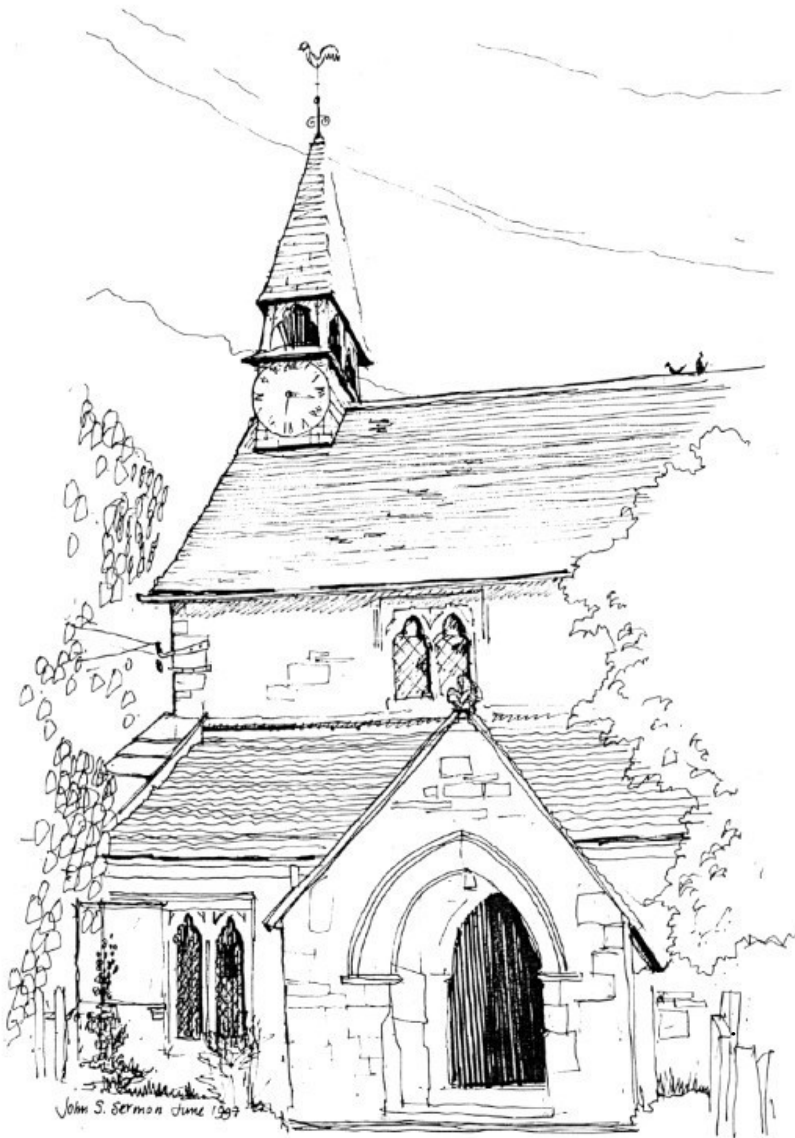
# Shelswell News

The magazine of the Shelswell Group of Churches

Cottisford  
Fringford  
Hardwick  
Mixbury  
Stoke Lyne



Finmere  
Godington  
Hethe  
Newton Purcell  
Stratton Audley



Lent as a Time to  
Refocus; calming words  
from Revd Alice, p 3

Could you give  
this up for  
Lent? p 7



**No Donation Is Too Small**  
Can you spare...

A small contribution to help keep  
Hethe Church from closing its  
doors?  
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A few pounds to help people  
struggling in Wulu?  
p 12

Some hours of your time to serve  
on the committee of Shelswell  
Garden Club?  
p 14

## SHELLOWELL BENEFICE MISSION STATEMENT

The Shelswell Family of Churches aims to bring people closer to God and to show the love of Jesus Christ and the fellowship of the Holy Spirit to everyone.

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**THE PARISHES ARE PART OF THE DEANERY OF BICESTER AND ISLIP AND THE DORCHESTER  
EPISCOPAL AREA OF THE DIOCESE OF OXFORD**

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Mass: 4pm Saturday.

Weekday Mass: 9.30am Monday

Priest: Father Craig Davies, Henley House, 12 The Causeway, Bicester, OX26 6AW.

Telephone: 01869 253277

Website: <http://www.holytrinityheth.co.uk/>

### **SHELLOWELL NEWS**

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**Deadlines for the April edition of Shelswell News**

To Magazine Correspondents: **Midday on Friday 14th March**

Correspondents to Editor: **Midday on Sunday 16th March at [editor@shelswellparishes.info](mailto:editor@shelswellparishes.info)**

**All articles must be submitted in WORD or LIBRE OFFICE in a format that can be COPIED AND PASTED  
PLEASE - Many thanks for your cooperation.**

**[www.shelswellparishes.info](http://www.shelswellparishes.info)**

**SHELLOWELL NEWS ARCHIVE.** to look up previous issues of the Shelswell News. Please go to the Benefice website and look at the Archive. If the issue you want to refer to is not there please contact the Benefice office .

## An Opportunity to Refocus

Pancake Day, or Shrove Tuesday, is the feast day before the start of Lent. This year it falls on Tuesday 4<sup>th</sup> March. It is apparently an ancient custom: Ælfric of Eynsham's "Ecclesiastical Institutes" from around 1000 AD states: "In the week immediately before Lent everyone shall go to his confessor and confess his deeds and the confessor shall so shrive him." Hence 'Shrove Tuesday'.

The pancake bit related to Lent traditionally being a time of fasting, prayer and almsgiving. Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast – and obviously pancakes are the perfect way of using up these ingredients.

The call to confession was signified by the ringing of the church bell which became known as the 'Pancake Bell'. The 'Millenium History of Finmere' quotes J.C. Bloomfield's 'History of Finmere' where he notes that in 1880 Finmere Church still rang the Pancake Bell at 11.30 am on Shrove Tuesday, but that its religious function had declined and it had become a signal for the preparation of pancakes!

The Millenium History also describes the pancake race that used to be organised by the WI from about 1959 through to 1977, when it was replaced by a pancake party in the village hall. It was a matter of fierce competition between the WIs from Ambrosden, Bucknell, Finmere and Stoke Lyne. In Finmere, the race was from the Jubilee Tree, up Mere Road to the school. The winner was presented with a shield for their WI, and something like a new frying pan or a recipe book.



Wikipedia tells me that the pancake race is credited as having begun in Olney in Buckinghamshire, when in 1445 a woman of Olney heard the shriving bell while she was making pancakes and ran to the church in her apron, still clutching her frying pan. The Olney pancake race is now world famous. Competitors have to be local housewives and they must wear an apron and a hat or scarf. Each contestant has a frying pan containing a hot pancake. She must toss it three times during the race. The first woman to complete the course and arrive at the church, serve her

pancake to the bellringer and be kissed by him, is the winner.

Father Alex was telling us how about how in Zimbabwe people empty their pantries before Lent of all the disturbances that would hinder their fasting. They bring to the church any luxuries or foods that they have in excess, any wine, and any clothing that they don't want to keep. And after Mass, they all go into the hall and feast together on the foods they have brought. The clothing is given to those in need as an act of almsgiving. This practise of feasting before the start of Lent is symbolic of emptying the heart or mind of all the events that can be a disturbance in walking or journeying with the Lord.

That got me wondering about the things in my life that are a disturbance or a distraction in my walk of faith. Lent has become for most of us something we give little thought to. We might give up something like chocolate or alcohol – possibly more for health reasons than for spiritual ones, and we might perhaps try to do something positive – give some money to charity, for example. But if we stop and think about the things that really disturb or distract us from our spiritual path, we might well come up with some rather different and probably more difficult to give up 'habits'. The constant distraction of our phones?

The tendency to fill every moment of the day with activity? Our tendency to be looking to our own needs or the needs of our family to the exclusion of all the other need and injustice in the world?

I wonder what it would be for you? For the Christian, Lent can provide a good opportunity to do something about some of the disturbances that distract us from following Jesus and living faithfully. But whatever your world view, perhaps Lent is a good time to pause, reflect and clear out some of the unhelpful distractions or disturbances from our lives. Perhaps Lent is a good time to rebalance. Whatever you do, however you do it, whether from a faith perspective or some other, may you have a very blessed Lent, one where you can refocus on your spiritual path.

Alice Goodall

**STARVE YOUR  
DISTRACTIONS,  
FEED YOUR  
FOCUS.**



## BIBLE READINGS



Sunday 2 <sup>nd</sup> March	Sunday next before Lent	Exodus 34 v29-end 2 Corinthians 3 v12 – 4 v2 Luke 9 v28-36 [37-43a]
Wednesday 5 <sup>th</sup> March	Ash Wednesday	Joel 2 v1-2 and 12-17 <i>or</i> Isaiah 58 v1-12 2 Corinthians 5 v20b - 6 v10 Matthew 6 v1-6 and 16-21 <i>or</i> John 8 v1-11
Sunday 9 <sup>th</sup> March	First Sunday of Lent	Deuteronomy 26 v1-11 Romans 10 v8b-13 Luke 4 v1-13
Sunday 16 <sup>th</sup> March	Second Sunday of Lent	Genesis 15 v1-12 and 17-18 Philippians 3 v17 – 4 v1 Luke 13 v31-end
Sunday 23 <sup>rd</sup> March	Third Sunday of Lent	Isaiah 55 v1-9 1 Corinthians 10 v1-13 Luke 13 v1-9
Sunday 30 <sup>th</sup> March	Fourth Sunday of Lent/ Mothering Sunday	Joshua 5 v9-12 2 Corinthians 5 v16-end Luke 15 v1-3 and 11b-end

(Alternative readings may be used at Mothering Sunday services)



## Fun @ Four - Seeing is Believing

Sunday 16<sup>th</sup> March

4 – 5.30 pm

Stoke Lyne Church

Craft and Activities, Prayer and Praise, Food –  
no charge, though donations always welcome.

**Everyone is welcome!**





## Shrove Tuesday - 4th March 2025



### Simple Pancake Recipe

*(adapted from the recipe in "Good Cookery" by W.G.R. Francillon and G.T.C.D.S, first published 1920. I bought this book at Mixbury Fete in 2024 - Ed.)*

Break two eggs into a bowl or jug blender

Add four rounded tablespoons of flour (plain is traditional, but self-raising is also OK).

Add a 1/4 pint of milk or water (140 millilitres) and blend with an electric blender or beat with a balloon whisk.

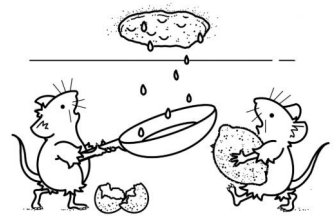
When thoroughly blended, mix in another 1/4 pint (140 ml) of milk or water. Leave the batter in the fridge for about ten minutes.

In a frying pan on a hot stove top, melt a small piece of lard or a spoonful of vegetable oil (not olive oil).

Let the pan heat up until just before smoking and pour in enough batter to cover the bottom of the pan. It should sizzle and not stick to the pan.

Let one side brown, then turn or toss the pancake to allow the other side to cook.

Turn the pancake out onto a heated plate and sprinkle with lemon juice and sugar.



## Shelswell By The Sea



A break from routine

run by the Shelswell Group of Churches.

Celebrate Pancake day with us!



**3<sup>rd</sup> & 4<sup>th</sup> March 2025 in Finmere Village Hall, from 10.30am to 3.30pm.**

Cost: £7.00 a day (includes all meals)

Give yourself time to chat, read newspapers, play board games, do a jigsaw, have a go at a quiz, play Boccia .....  
Coffee, lunch and tea provided.

We can arrange lifts to and from Finmere.

[The Village Hall has disabled access and toilet]

Pick up a Booking Form in one of our churches, or ring or email Penny Wood [01869-277310]

[penelope.wood@btopenworld.com](mailto:penelope.wood@btopenworld.com)

## Ash Wednesday - the Start of Lent

We have two services in the Shelswell Benefice :-



### MIDWEEK HOLY COMMUNION AND SOUP LUNCH Wednesday 5th March 12 noon

Stoke Lyne Church

If you would like a lift then please contact Alice on 01280 848192 or  
[rector@shelswellparishes.info](mailto:rector@shelswellparishes.info)



Wednesday 5th March  
7.30pm Holy Communion  
Holy Trinity Church, Godington  
with the Shelswell Group Choir



### Lent Study Groups

This Lent, why not join one of our two study groups? If you've been a part of such a group before, you will know that meeting together and sharing our thoughts can give real support and encouragement for our journey of faith. You don't have to be highly intellectual and there are no essays or assignments! Why not give it a try?

**Wild Bright Hope** – Reflections of Faith (The Big Church Read 2025)

This is a transformative Lent book featuring 12 dynamic voices, each exploring the power of hope. Each chapter is paired with a video from its author, providing deeper insight. Themes include unity, peace, hope in politics, and hope in suffering, inspiring readers to confront challenges with renewed faith. Through stories and reflections, *Wild Bright Hope* encourages a hopeful outlook and invites readers to actively contribute to God's Kingdom. See the introductory video at <https://thebigchurchread.co.uk/>

There will be six meetings on Wednesday evenings in Lent: 12<sup>th</sup> March, 19<sup>th</sup> March, 26<sup>th</sup> March, 2<sup>nd</sup> April and 9<sup>th</sup> April, and 16<sup>th</sup> April, 7.30 – 8.30 pm, at Fimmere Rectory.

If you would be interested in the group but would prefer to join by Zoom, let me know!

**IMPORTANT:** If you would like to join this group, please let Alice know (01280 848192 / [alicegoodall313@gmail.com](mailto:alicegoodall313@gmail.com)) so she can order you a book.



**"Who is my Neighbour?" Art and the Bible Story** - a resource for Lent created by St Martin-in-the-Fields in association with The National Gallery. There will be five sessions, on Thursdays: 13 March, 20 March, 27 March, 3 April, 10 April, Venue yet to be decided.

Interested? Please let Penny know on 01869-277310  
or [penelope.wood@btopenworld.com](mailto:penelope.wood@btopenworld.com)

## IS YOUR PHONE DISTRACTING YOU FROM WHAT'S IMPORTANT?

Can you remember life before your smartphone?

Perhaps you carried map books in your car. You probably had an alarm clock, and a camera. If you wanted to contact someone, you called them and had a conversation, or sent an abbreviation-laden message of 140 characters. If you were a child, you played with your friends or chatted to them.

Certainly, your internet activity was restricted to when you were sitting in front of your computer. When you had finished using the internet, you got up and walked away from it to do something else.

Since the advent of smartphones, that ability to disconnect has gone for most people. But society plunged into the smartphone era largely without stopping to think about the consequences. It's only now that the alarm bells are sounding about constant smartphone use.

"Most adults would support a ban on under-16-year-olds visiting social media platforms such as X and Instagram. Such are the findings of a recent survey by the More in Common think tank. It found that 75 per cent of adults favour the minimum age for accessing social media sites to be raised, from 13 to 16 years old.

Concern about the effects of social media on young people comes at a time when tech giants are facing increased criticism about the impact their platforms can have on young people. The survey also found that 71 per cent of adults want a ban on all smartphones in school, while 14 per cent oppose the idea." (from *Parish Pump*)

I think that giving things up for Lent has become rather unfashionable, in the church as well as the wider world. I do try and persist with this idea though, as I think that self-denial is like a muscle which needs exercising. Giving up alcohol or chocolate might seem rather trivial and not very spiritual, but I think it does actually require a degree of self-discipline which is useful to develop and which is, I feel, transferrable to other areas of life.

I'm not sure that I could give up my smartphone for Lent as the lack of Google Maps and some other sources of information when on the move might prove rather too challenging. Perhaps one could forego social media or set a daily/weekly time limit, maybe letting social media contacts know that you're taking a bit of a break so as not to offend by failure to join in.

*Becky, Stratton Audley*

Most younger people access social media via their phones, which are constantly receiving new messages. Social media platforms like Facebook, Instagram, Whatsapp or X (formerly Twitter) were originally marketed as innocent sites where photos, news or opinions could be shared. We now know that they are a great deal more than that.

Anyone who uses any social media platform is having their data harvested all the time, because companies like Google and Meta are in the business of collecting and selling data. Photos and text uploaded are analysed for content. Every time you view, like or comment on someone else's content, the link between you is noted. It's recorded how long you spend looking at each post you pause on when you are scrolling. From these raw numbers, a lot can be gleaned about your contacts, your opinions, your state of mind, even your physical health.



In order to maximise the amount of data collected, social media sites use sophisticated algorithms designed to make you use more of their products. If they can induce a dopamine hit as you get pleasure from your social media experience, then you will stay on their site for longer. So that's what they do. You are a product to them, one to be exploited for as much money as possible. Everything you see on social media is designed to get you to keep scrolling and keep interacting.

*"So tell me again about your relationship with your smartphone?"*



But if you are interacting with social media, how can you interact with the real world around you or listen to God? If you are getting constant dopamine hits, how will this affect your physical and mental health? If your social media usage is under control, this isn't a problem - everyone needs to unwind or learn things and catching up with news, podcasts or videos can be a good way of doing that. But the problem with smartphones is that they tend to be always close by, tempting us to go back to big tech websites just to get that dopamine hit from social media again. And again. And again.

One survey by Spanish scientists in 2016 concluded that 27.9% of young adults are addicted to their phones. New terms have been coined for aspects of phone addiction, such as "Nomophobia" - the fear of going out without one's phone and "Ringxiety" which is the feeling that a notification has come through on your phone when it hasn't. They affect older as well as young people.

Heather Tomlinson, a freelance Christian writer writing on the website Christian Today, asked the question, "What happened when a whole church ditched the digital?"

"Social media and addiction to smartphones have been blamed for many of the societal ills that have steadily got worse over the past 15 years. The possible harmful effects include: mental health problems in adolescents, especially girls; political division and polarisation; fomenting riots; racism and antisemitism; isolation and singleness – and there are many more."



*Fascinating Phones*

Pastor Darren Whitehead of the multi-site Church of the City in Nashville is the author of a recent book: "The Digital Fast: 40 Days to Detox Your Mind and Reclaim What Matters Most."

Heather Tomlinson continues, "Dr Whitehead ... shared how he was inspired to start the fast because his three daughters had said they wished he would be on his phone less. Speaking on the "Couple Things" podcast, he said, "It was kind of a wake-up call for me, and as a pastor I was just feeling these devices have seeped their way into our lives."

"I feel like sometimes we're so overloaded with information we can know more about what's happening in the conflict in the Middle East than we know about what's going on in the hearts of our kids."

Often over the years I have given up things for Lent more often than not chocolate, sometimes successfully sometimes not.

However, as a young teenager I decided to give up sugar in my tea and coffee. I may be giving my age away somewhat as I'm not sure many teenagers now days drink these beverages. I had two spoonfuls of sugar in my tea or coffee probably because that's what my parents did. So for whatever reason that's what I gave up and believe it or not from the first day of that particular day of Lent to the current day I've not had even a hint of sugar in my tea or coffee. I don't know why that particular year had this effect but it did. Sometimes although it maybe hard we can give up those things that sometimes we do without even thinking about it, so this year reducing my screen time will be my aim. Let's see, how I do.

*Sandra*

Writing on [Dr Whitehead's Substack] After Babel, he describes the positive effects on the church and its members: "What could have been a mere exercise in self-discipline turned into a shared transformative journey of spiritual renewal and collective freedom."

He argues that people often get on social media because they're afraid of missing out on something. This pressure can be relieved if people abstain as a group: "By engaging in the Digital Fast as a community, we collectively resisted the societal pressures of digital overuse and helped each other discover a healthier rhythm of life."

The congregation first pledged to remove all the apps from their phone and only use their device for calls and text. "Many rediscovered hobbies, rekindled relationships, and engaged in deeper prayer and meditation," he wrote.



"Families reported having more meaningful meals together, small groups found themselves more engaged in discussions... The ultimate goal was to cultivate a deeper hunger for God's presence."

He gave a few tips to the Aro podcast for doing a digital fast: firstly to buy an alarm clock. If phones are used to wake us up, the notifications are the first thing that someone will look at in the morning.

"Ultimately, the Digital Fast was about more than technology; it was about reclaiming the sacredness of presence and attentiveness," concludes Whitehead.

"It was a modern-day spiritual pilgrimage through the wilderness of the digital age. And for [our church] it was a journey worth taking—a **journey that led us not away from life, but into its fullest expression.**"

As we stand on the brink of an internet dominated by artificial intelligence - who can argue with that?

*Sylvia List*

Sources:

1. <https://www.christiantoday.com/article/what.happened.when.a.whole.church.ditched.the.digital>
2. <https://heathertomlinson.substack.com/>
3. Cellphone Addiction; a Review, De-Sola Gutiérrez et al *Frontiers in Psychiatry* 24.10.2026
4. The Digital Fast: 40 Days to Detox Your Mind and Reclaim What Matters Most by Darren Whitehead, published 30.1.2024

## **Food for Thought – 16<sup>th</sup> February at St Peter's Church, Stoke Lyne**

Our last meeting was on Sunday 16th February at St Peter's Church in Stoke Lyne. Breakfast and reflections on 'The Beatitudes' were shared. It was good to be back together and to hear our friends' news.

Our informal service is now held on the third Sunday of the month and our next service will be March 16<sup>th</sup> at 10am. This falls on the second Sunday of Lent and our theme will be "Preparation", following Jesus' message to his disciples.

*Kelly Holden-White*

*next Food for Thought:*

*10 am, Sunday March 16th*

*St Peter's Church, Stoke Lyne*

*"Preparation"*



## **Midweek Communion – Thursday, 6th February at St Peter's Church, Stoke Lyne**

A few of our regulars were missing owing to other commitments. The Revd Alice Goodall led the service with a welcome and opening prayer. The Gospel reading was from Mark chapter 6, verses 7 to 13, read by Rena Andrews.

Alice spoke about a reflection from James Laurence, North Carolina. We live in such a confusing and complicated world. There was a popular book by Roger Fulghum some years ago with the title, "All I really need to know I learned in Kindergarten". It was popular because it offered life lessons that were not only true, but simple: "Play fair" "Put things back where you found them" "Share everything." and "Stick together."

Prayers were then said for peace in the world, for the sick and bereaved and others known to those present. After the service of Communion, we moved to the tables set for lunch. There was a choice of soup with bread rolls, followed by a choice of puddings, tea and coffee. Thank you to the ministry team and the people who contributed food. The next Midweek Communion will be Wednesday 5th March at 12.00 noon.

*Rena Andrews*

## JOINT ANNUAL PAROCHIAL CHURCH MEETING (APCM)

The parishes of the Shelswell Benefice will be holding one joint Annual Meeting this year on Monday 28<sup>th</sup> April in Stoke Lyne Parish Church starting at 7.30pm. Anyone from across our parishes is welcome to attend this meeting, but those on church electoral rolls are particularly encouraged to come along to hear about the work of the church over the last year and support the church officers.

### PLEASE FILL IN A NEW ELECTORAL ROLL FORM!

Only those on church electoral rolls are eligible to vote at the APCM and electoral rolls have to be completely revised this year so, even if you were on it already, you will need to rejoin. Forms are available in churches or please contact Becky at The Rectory on 01280 848192 or email [admin@shelswellparishes.info](mailto:admin@shelswellparishes.info) Applications will need to be made by Friday 4<sup>th</sup> April so that the revised rolls can be published for the required period ahead of the meeting.

### ANNUAL PARISH MEETINGS

There will be other meetings locally to appoint Churchwardens.  
The dates of these are as follows:

Cottisford and Hardwick	Sunday 16 <sup>th</sup> March (following the 10.45am service at Cottisford)
Finmere	Sunday 23 <sup>rd</sup> March (following the 9.15am service)
Fringford	Sunday 6 <sup>th</sup> April (following the 10.45 am service)
Hethe	Sunday 13 <sup>th</sup> April (following the 9.15am service)
Mixbury	Sunday 9 <sup>th</sup> March (following the 9.15am service)
Newton Purcell	Sunday 6 <sup>th</sup> April (following the 9.15am service)
Stoke Lyne	Sunday 23 <sup>rd</sup> March (following the 10.45 am service)
Stratton Audley and Godington	Sunday 9 <sup>th</sup> March (following the 10.45am service)

All meetings are duly advertised via notices in church porches.

*Please fill in a new  
electoral roll form*

## Lighthouse Shelswell

**Volunteers' Registration** opens on 1<sup>st</sup> February - go to the online form at <https://signmeup.org.uk/>

There are all sorts of roles that you could help with – for example, assisting with a group of children, helping with sport or drama activities, helping with registration at the start of the day.

We are also pleased to welcome some teenagers (12 plus) as volunteers.

We do still need a couple of extra **age group leaders** to enable us to accept all the children we would like to! Please do contact me to discuss

Alice. (01280 848192 / [alicegoodall313@gmail.com](mailto:alicegoodall313@gmail.com))

**Children's Registration** opens on 1<sup>st</sup> May – first come, first served.

**Mothering Sunday is a bit like Marmite –  
do you love it or hate it?  
Where will you go on Sunday 30<sup>th</sup> March?**

Some folk love Mothering Sunday!



It's a time to say 'thank you' to those who care for us – or be thanked by those we care for. A time for flowers and chocolates and lunch together. Family time.

And in church a time to also give thanks for the love and care we have received from the church family and to enjoy being together.

This year for you we have two services on Sunday 30<sup>th</sup> March, both at 10.45 am – one in Stoke Lyne and one at Stratton Audley.



Some folk find it a really difficult day.



It's a time to feel sad or left out. A poignant time of deep inner pain. A time to remember. A time of longing. Or maybe something that just isn't relevant to you.

In church it is also the fourth Sunday in Lent with the parable of the Prodigal Son.

This year for you we have a service of Holy Communion at 9.15 am in Finmere as we ponder God's overwhelming overflowing generous love for each of us.

**Wherever you chose to go, we look forward to welcoming you!**

## **Lighthouse Shelswell**



# **Save the date!**

## **Holiday Club for 4– 11s**

**Monday 28<sup>th</sup> July – Friday 1<sup>st</sup> August 2025**

**10 am– 3.30 pm**

**Finmere CE Primary School, Mere Road, Finmere, MK18 4AR**

A Christian based holiday club  
welcoming children of all faiths and none.

**Sport**

**Craft**

**Performing arts**

**music**

**for more info check out [www.lighthousecentral.org](http://www.lighthousecentral.org)**

**Recommended donation of £10 per day. Bursaries available.**

## Wulu, South Sudan - Latest News

A huge thank you to all those who so generously donated cakes, soup and money for the Soup Lunch on Saturday 1<sup>st</sup> February. There was a variety of warming soups and an impressive array of delicious cakes at the lunch, which was also an enjoyable social occasion. As a result of this wonderful open-heartedness, **£469** was raised for the Teachers' Incentive Scheme at the Girls' Primary School in Wulu, South Sudan.



In January Bishop Zechariah sent a report of the workshops held to resolve the conflict between flooding displacement victims, farmers and cattle keepers and communities. These workshops have:

- \* fostered better understanding and cooperation between farmers and cattle keepers.
- \* reduced the frequency and intensity of conflicts over resources.
- \* enhanced community resilience to flooding through sustainable land and water management practices.
- \* established channels for ongoing feedback from community members to adapt strategies as needed.



*Pictures of the workshops which were attended by local leaders, police, local government officials, women, local youth, religious leaders, farmers and cattle keepers.*

**Good News** - the water has gone down in and around Wulu and all the people have returned to their homes.

Bishop Zechariah says, 'I want to seize this golden chance to register my heartfelt appreciation to Shelswell Parish for your support to our Diocese and the School'. Please continue to remember Bishop Zechariah, Mama Monica and the School Teachers and pupils in your prayers. (Sadly, Mama Monica's father died recently.)

### Why not do a 'Daniel fast'?

A 'Daniel fast' involves going without meat, dairy foods, alcohol and luxury foods. It is sometimes done as a way to save money that is then donated to a particular cause. The idea comes from the story of Daniel in the Bible:

*"I ate no pleasant food, no meat or wine came into my mouth ... till three whole weeks were fulfilled". Dan 10.3*

If a digital detox doesn't appeal, why not do a 'Daniel fast' in Lent – for three weeks or for the whole six weeks - and give the money you save to Wulu?

More details, including where to send your donations, in next month's Shelswell News.





## Family Retreat Day

### - still time to register!

**A place** to explore and discover ways to encounter God alone and together.

**An opportunity** for children, youth, parents, grandparents and carers to have a day out in the beautiful surroundings of Ripon College Cuddesdon.

**A way** to support and improve well-being and resilience.

**An exploration** of ancient spiritual practices in contemporary ways largely drawing on the wisdom of St Ignatius.

**A resource** for families seeking to follow Jesus in the Christian faith.

The day **will be** playful, interactive, participative, varied,

Packed with Space Makers tools that you can try out at home;

Stilling - slowing ourselves down to be with God.

Noticing - seeing God at work

Dwelling - loitering in God's story

Filling - opening to the Holy Spirit

Mending - encountering forgiveness

Blessing - receiving and passing on God's blessing

The day **won't be** all sitting down being quiet!

Family Space Makers Retreat details

Saturday 29<sup>th</sup> March 2025

At Ripon College Cuddesdon, Nr Oxford OX4 9EX

12.30 - 5.30 pm

Refreshments/Lunch provided

**For further information or to register, contact**

**Alice Goodall**

**(01280 848192 / [alicegoodall313@gmail.com](mailto:alicegoodall313@gmail.com))**



# Club News



## SHELSWELL WI



In February the members welcomed Suzi Stathers. Suzi brought with her part of an amazing collection she has of local handmade lace, along with photographs, lace making equipment and some of her many bobbins. Her talk was fascinating as lace making is an intrinsic part of our local history. Who knew that bobbins were sold to mark events such as hangings !!

In March we have our AGM followed in April by Julia Sorrell and her talk Restoring a Home with Attitude. March will also see some of our members go to the Group meeting being held at the Heyfords for a evening with chocolate !!!!

In fact our members participate in many events run locally, in Oxfordshire and nationally. Events coming up include learning the art of fused glass, making Easter wreaths a trip to Richmond to visit the Royal British Legion poppy making followed by a visit to Ham House. For those who like the comfort of home there are many online courses/talks available for members.

We meet on the first Thursday of the month in Fringford village hall at 7.30pm

If you would like to join us or would like any further information please contact Lesley Beagent 07729 605670



## SHELSWELL GARDEN CLUB



**PLEASE NOTE: Club Secretary, Corrine Mitchell, was sad to report that the current committee have decided to step down from their positions in the summer of 2025. We are all most grateful that this committee have worked tirelessly over many years providing us with speakers and outings for our enjoyment and to enhance our gardening skills.**

***We still hope that a new committee will form and take the Garden Club forward with renewed vigour and ideas. Please do consider becoming a member of this new committee.***

**The Club will be forced to close if a committee cannot be formed.**

On **February 11th** Adam Pasco gave another excellent talk to members on Zoom. This time it was entitled 'Growing the Best Glorious Plants'. Using beautiful photos, he took us for a tour of his garden showing the ericaceous border, perennial border, and shady border. Also, we saw the green house, raised beds, pergola and patio pots. He then talked about the plants in these areas which inspired him.

He gave us tips for successful gardening including using February and March to consider where to place new plants, choose plants that are known to perform well, think about plants that last through the year e.g. Euphorbias. Some summer plants that last a long time include Speedwell, Salvia 'Amistad', Campanula, Rudbeckia 'Goldstrum' and Clematis. For shady areas choose Brunnera, Japanese anemones and Solomon seal and try to layer colours. Many plants are successful in pots or raised beds, e.g. Alstroemeria, Eucomis, Hostas and herbs. Adam also changes his pots up to three times a year according to what's growing well! Right now, we could be getting organised about what to sow, where and when, prune relevant shrubs, clean and top up bird feeders. Many members made long lists of what to buy, they were so inspired by his talk.

We will not be having a meeting in March, although some members will be going on a visit.

On **April 8<sup>th</sup>** Duncan Coombs will be talking to us in Hethe Village Hall about 'Colour & Texture in the Garden'.

We welcome visitors to our club and meet at Hethe Village Hall at 7.30 pm on the second Tuesday of the month (apart from August). During winter months, some meetings may be held via Zoom. Meetings and outings are open to members and visitors. Your membership card gives you a discount at Swallows Nursery, Mixbury. Club membership fee is now **£15 per year**. This covers all speakers, zoom meetings, as well as entry to *some* evening garden visits. The **visitor fee is now £5**, which will be refunded if the visitor decides to join the Club that evening.

## SHELLOWELL READING GROUP

The Shellsell Reading group is a great opportunity to read a variety of books, from best sellers, to classics and everything in between. If you are not sure about joining, why not come along for a meeting to meet the group and see what we are about. No need to have read the book for that month--just come along and meet all of us and listen in. If you are interested, please let Jane Birnage know - [janebirnage@icloud.com](mailto:janebirnage@icloud.com) 07770 220605

Our February meeting was Monday 17 February and we read *Demon Copperhead* by Barbara Kingsolver. A summary of this will be in the March newsletter.

The date of the March meeting is Monday 24th March- possible book will be *Tell Me Everything*, the new one by Elizabeth Strout.

*Jane Birnage*

## SHELLOWELL POETRY APPRECIATION GROUP

Our February 2025 session was on the theme of Fear.

In *Song: Fear no more the heat o' the sun*, from *Shakespeare's* play *Cymbeline*, fear of death is allayed by an appreciation that it is the natural end of life, coming to all things and all people. In *Our Deepest Fear* by *Marianne Moore* (b 1952), the idea is that fear inhibits us and those around us, and that we need to free ourselves of our fear to live a good life, accepting 'the glory of God that is within us'. Similarly, in *Fear-Doubt-Insecurity-Uncertainty* by *Sri Chinmoy* (1931-2007), feeling at one with a higher being cures the fearful and timid. *Kahlil Gibran* (1883-1931), in *Fear*, uses the metaphor of a river entering the ocean to illustrate our life, whilst *Mawlana Jalaluddin Rumi* (1207-73), a Mediaeval Afghan poet, in *A Stone I Died*, uses the idea of reincarnation to comfort those afraid of death.

In Act 2 Scene3 of *Shakespeare's* play *Henry IV Part 1*, Hotspur (Henry Percy) is scornful when one of the aristocratic conspirators cries off joining the rebellion because of the dangers it poses and his fears that preparations have not been thorough.

In *Life Doesn't Frighten Me at All*, the black American poet *Maya Angelou* (1928-2014) makes a bold statement of all the things that might be supposed to frighten her, making it clear that they do not. She is making a strong positive statement, as is *Ella Wheeler Wilcox* (1850-1919) in *Fear*, where she presents the feeling as being allied with 'Failure and Defeat'.

With inspiration from the Book of Daniel, *Elizabeth Hedge Webster* (1822-97) pictures heaven protecting us and taking away the need to fear, in her poem *The Angel's Word*. Confusion and fear being overcome by an appreciation of life are described in *Being But Men* by *Dylan Thomas* (1914-53).

*Charlotte Perkins Gilman* (1860-1935), an early feminist, in the poem *For Fear* blames our fears on men and how they have run the world, asking us to 'Make it a woman's world; safe, fair'. An unusual angle is taken by *Emily Dickinson* (1830-86), in *The Inevitable*, a poem in which she argues that feeling fear of the future prepares us for terrible events.

Some very real reasons for fear are given by **W H Auden** (1907-1973) in **September 1<sup>st</sup> 1939**. His fears are based on what had happened during the 30s in Europe and America up to that point. He hopes for the moral strength to fight the darkness with the 'affirming flame' of his knowledge of right and wrong. **Ballad**, by the same poet, was published earlier, in 1934, and presents his fears about the rise of fascism in a traditional ballad form. **Wilfred Owen** (1893-1918), writes of a soldier so beset by fear that he shoots himself, in **SIW (Self-Inflicted Wound)**.

In **Boat Stealing**, an extract from his long poem **The Prelude**, **William Wordsworth** (1770-1850) reminisces about 'borrowing' a boat and rowing across a lake until fear of the looming mountains around him sent him home to have nightmares. The reader can empathise with his fear, whereas in **The Raven** by **Edgar Allan Poe**, the effect is that of a director creating a feeling of unease at the start of a horror film.

**John Keats** (1795-1821) expressed his distress at dying (of tuberculosis) before he had produced all the poems that were in his head in **When I Have Fears that I may Cease to Be**, whereas in **Storm on the Island** by **Seamus Heaney** (1939-2013) the fear is felt by islanders in stormy weather. Fear of dying from thirst felt in animals in India is given voice by **Rudyard Kipling** (1865-1936) in **How Fear Came**. **Shakespeare** (1564-1616) in **Sonnet 23**, compares his fears and insecurities as a lover with those of an 'unperfect actor'. Perhaps the last word on fear should be given to **Spike Milligan** (1918-2002) in his limerick **Bump**. Written for children, it is a breezy, semi-serious bit of advice!

To join the group, contact me on 01869 811994 or at [judith.harvey@live.co.uk](mailto:judith.harvey@live.co.uk)

Judith Harvey



## REPORTS FROM THE PARISHES

### Cottisford and Juniper Hill

#### St Mary the Virgin

CHURCHWARDEN:	Charles Jackson, Cottisford House, Cottisford	Tel 01280 848247
TREASURER	David Barnes, Honeysuckle Cottage, 11 Hardwick	Tel 01869 277690
PARISH SAFEGUARDING OFFICER	Flora Skinner	Tel: 01869 277366
MAGAZINE CORRESPONDENT:	Sandra Bickmore, Thatch End, Juniper Hill	(sandrambickmore@gmail.com)

#### SERVICES

Sunday 2nd March 9.15 am Holy Communion (CW)  
 Sunday 16th March 10.45 am Holy Communion (BCP)

Thank you to everyone who came and supported Snowdrop Sunday, a lovely afternoon was had by all. It was great to see some new faces and old friends fill the church. It was very chilly but the welcome was warm. Our thanks also go to everyone who made the afternoon a success, helping out, baking cakes, and organising the tombola. We could do these events without your help.

We will let you know how much was raised in the next issue, where we will also let you know what our next event will be.

If you would like to help at an event or host a pop up pub or coffee morning please contact Sandra Bickmore at [sandrambickmore@gmail.com](mailto:sandrambickmore@gmail.com)



## Finmere St Michael and All Angels

CHURCHWARDEN: Barbara Cunningham, 'Woodlea' Finmere,

TREASURER: Emma Brennan

PARISH SAFEGUARDING OFFICER: Katherine Grimston, The Old Rectory, Finmere

MAGAZINE CORRESPONDENT: Paul Nash Email: paan63@yahoo.co.uk

Tel: 01280 847992

emma\_mary@hotmail.co.uk

Tel: 01280 848364

Tel 01280 848268

### Church Services

Sunday 2nd March 10.45 am 'Connect' Informal Worship, Village Hall

Sunday 16th March 9.15 am Holy Communion

Sunday 23rd March 9.15 am Morning Service

### Village Hall

The village hall is available for hire.



Facilities include AV system with a new projector and larger screen, plus sound system. Fitted kitchen, Meeting room, Patio doors onto the children's play area and enlarged storage spaces for regular users. WiFi facilities are available.

For all hall bookings enquiries, please visit [www.myfinmere.com/villagehall](http://www.myfinmere.com/villagehall).



### Allotments

Well, February didn't start too promisingly, so jobs in the allotments are still being put off. However, for those with greenhouses, it's possible to start the tomatoes and peppers which will need some heat to germinate.

When March arrives, we will all be out in the plots, planning and willing the sun to come out to warm the soil. Until then we must wait patiently.

There are still one or two plots available and plenty of support to be given for anyone who wants to have a go. What about sharing with a friend, though of course you do have to be willing to share the produce!

Interested, visit [www.myfinmere.com/poorsplot](http://www.myfinmere.com/poorsplot) and select the 'enquiry' link.

*Jean (Allotment correspondent)*





Please come along to support Finmere's  
**"Tuesday Teas"**

If you are at home in the day, please pop into the Village Hall for a cuppa & a catch-up...

**Tuesday 13<sup>th</sup>. March, 2.00-4.00pm**

All locals welcome, no charge

We would love to grow the numbers so  
please bring a friend!

If you need transport, please contact Jo (07974 740312) or Katherine (07770 804025)

If anyone would like to help with "Tuesday Teas", we need help serving refreshments, setting out tables, providing lifts and **BAKING CAKES!**

Your baking costs can be reimbursed - No need to volunteer every month: just help when you can...

**POP-UP  
PUB**

**Friday March 21st  
7-10pm  
Finmere Church**

Join us for an evening of good company and cheer

Provided ... punch (alcoholic and non-alcoholic)  
Hot snacks and nibbles  
Glasses

Please bring ... any other drinks you'd like!

Donations towards heating and refreshments  
gratefully received (card or cash)

**Light lunch**

**Finmere Village Hall  
4th Tuesday of the month**

**March 25th 12.30-2pm**

No charge but donations appreciated



**TO BOOK YOUR PLACE  
PLEASE RING DEBBIE  
07765 874090**

**Victory in Europe 80<sup>th</sup> Anniversary Celebrations 10<sup>th</sup> May 2025**

Planning and preparation for the exciting 80<sup>th</sup> anniversary celebration of the Allies Victory in Europe dinner & dance and exhibition of WW2 memorabilia being held in Finmere on 10<sup>th</sup> May 2025 continues apace. The organising team are hard at work adding extra interesting features to the event and engaging with potential sponsors.

Keep yourself abreast of developments by visiting the event website: [www.alliesve80.com](http://www.alliesve80.com).



 <p><b>VE DAY</b> 80<sup>TH</sup> ANNIVERSARY A SHARED MOMENT OF CELEBRATION</p>	<p><b><u>SAVE THE DATE!</u></b></p> <p>Finmere never misses an opportunity to host celebrations of a momentous event!</p> <p>We're planning a party to mark the 80<sup>th</sup> Anniversary of Victory in Europe Day. There'll be food and there'll be dancing, just as in 1945!</p> <p><b>Finmere Village Hall</b> <b>Saturday 10<sup>th</sup> May</b></p> <p>Come celebrate with us. Visit <a href="https://alliesve80.com">https://alliesve80.com</a> for more info</p>
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**Curry Night**

**Saturday 15th March**  
**7-9pm**  
**Finmere Village Hall**

*To book a place*  
*Michelle.myers@hotmail.co.uk or 07927 393657*  
*Card/cash on the door, £10 per head (incl. pud)*  
*No bar so feel free to bring a bottle!*

### Some Finmere related links:

Finmere facebook page - <https://www.facebook.com/groups/finmereandlittletingewick/>  
 Shelswell Parishes website at – [www.shelswellparishes.info/finmere](http://www.shelswellparishes.info/finmere)  
 Finmere Parish Council website at – [www.finmerepc.org](http://www.finmerepc.org)  
 Village hall news at – [www.myfinmere.com](http://www.myfinmere.com)  
 Finmere Poor's Plot – [www.myfinmere.com/poorsplot](http://www.myfinmere.com/poorsplot)  
 Old Finmere history website – [www.myfinmere.com/history](http://www.myfinmere.com/history)  
 Finmere on Wikipedia - <https://en.wikipedia.org/wiki/Finmereipedia>  
 Finmere Primary School - [www.finmere.oxon.sch.uk](http://www.finmere.oxon.sch.uk)

## Fringford

### St Michael and All Angels

CHURCHWARDEN:	John Mayo, 10 Church Close, Fringford	Tel 01869 278873
TREASURER:	Christina McCullagh, 5 Crosslands, Fringford	Tel 07867 515207
PARISH SAFEGUARDING OFFICER	Penny Wood, as below	
MAGAZINE CORRESPONDENT:	Penny Wood, 8 Crosslands, Fringford	Tel 01869 277310
VILLAGE HALL CORRESPONDENT:	Christine Underwood	Tel 01869 278949
WEBSITE	<a href="http://www.fringford.info">www.fringford.info</a>	

### ST MICHAEL & ALL ANGELS, SERVICES & EVENTS

#### Services

- Sunday 2 March – at 10.45am - Morning Service
- Sunday 9 March – at 6.00pm - Holy Communion
- Sunday 16 March – at 10.45am – Holy Communion
- Sunday 30 March – at 10.45am – Family Service for Mothering Sunday **in Stratton Audley Church**

5 March is Ash Wednesday, the beginning of Lent – see back page for Ash Wednesday services, and General Section for information about Lent Groups, one of which will be in Fringford.

To find out the times and places of other services on Sundays, please check the back cover of this magazine, the Benefice website [www.shelswellparishes.info](http://www.shelswellparishes.info), the noticeboard at the church, or ring the Benefice office (01280-848192). You will always be welcome in our other parishes.

#### EVENTS

- **14 March – ‘Victorian Shadows’** a talk by a local historian, 7.30pm in the Village Hall
- **Open Gardens** – the PCC is thinking about a date in May on which to hold an ‘Open Gardens’ event. Anyone interested in opening their garden then please contact Penny (277310)
- **Beer Festival** – note the date: it is Saturday 14 June.

#### Greetings Cards

Packs of greeting cards (6 cards for £3) available for purchase. They feature 6 photographs of the church both in and outside. Ring Christina McCullagh on 07867 515207.

#### Fringford Church 100 Club

Numbers cost £3 a month (£36 annually) Payment by BACS, cheque or cash. Draw each month for 50% of the income divided amongst 3 winners: at the moment 1<sup>st</sup> prize £61, 2<sup>nd</sup> £37, 3<sup>rd</sup> £25. You can still sign up to the 100 Club. Contact Christina McCullagh to register - **07867 515207**. The draw takes place monthly at the Village Coffee Morning.



# VICTORIAN SHADOWS

The dark side of life in 19<sup>th</sup> Century Fringford

An illustrated talk by Jayne Todd

Local Historian

14<sup>TH</sup> March at 7.30pm

in Fringford Village Hall

Organised by Fringford Parochial Church Council

## **Little Lambs Babies & Toddler Group**

Every Wednesday during term time in Stratton Audley Church. Times are: from 10.00am to 11.30am. [**Not** during holidays and half term.] Just come along. If you need information in the meantime, email [admin@shelswellparishes.info](mailto:admin@shelswellparishes.info)

## **FRINGFORD VILLAGE COFFEE MORNING**

Village Coffee Mornings will take place on Monday 17 March. Drop by for a coffee/tea and a chat any time between 10.30am and 12 noon. It is in the Chinnery Room at the Village Hall. Contact Penny on 277310 if you want more information.

Take 5 Cinema Club  
Fringford Village Hall



The 'Silver Screen' returns for a showing of  
**Paddington in Peru**  
On Saturday March 15<sup>th</sup>

Doors open 7 o' clock film starts at 7.30pm

Admission Adults £5.00, children £2.00

Small licenced bar available

No dates for future showings at the moment. However, if you are interested in getting involved with the cinema, helping out in any way, choosing the film, or just want to be on the email list, please let Tim or Christine know.

Tim – [tmustill@msn.com](mailto:tmustill@msn.com)

Christine – [silvercb1@outlook.com](mailto:silvercb1@outlook.com)

**COME & JOIN US AT  
'SEWCIAL'**



We enjoy any type of craft and a natter getting together to relax and enjoy each other's company. Some of us knit, crochet, embroider, quilt, sew or create craft items/albums.

We get together once a month, either on a Wednesday evening at 7 – 9pm or Sunday afternoon at 3 – 5pm

We meet in the Chinnery Room at Fringford Village Hall.

**Our next sessions for 2025 are:**

<b>March</b>	<b>Sunday 17th</b>
<b>April</b>	<b>Wednesday 16th</b>
<b>May</b>	<b>Sunday 18<sup>th</sup></b>
<b>June</b>	<b>Wednesday 18<sup>th</sup></b>
<b>July</b>	<b>Sunday 20<sup>th</sup></b>

Sessions are £2.00 drop in. No need to book – just come and join us!  
If you would like information, please email Irene [ireneethomas@btinternet.com](mailto:ireneethomas@btinternet.com)

# ***Fringford village hall***

## ***Family quiz night***

***Friday 7<sup>th</sup> March***

***6pm start, teams of up  
to six, £2 per person,  
£1 per child Followed by  
Sticky 13 playing card  
bingo.***

## ***Cash Prizes.***

***Random prizes for  
Children, based on  
Cuteness, behaviour and colouring in ability.***

## Regular Activities held in Fringford Village Hall

To find out more or book a place, please contact the hirer direct.	
Weekly Activities	Monthly Activities
<p style="text-align: center;">FS Dance Monday &amp; Wednesday (term time) After school classes BALLET • TAP • MODERN • STREET leah.fsd@gmail.com or 07885827592</p>	<p style="text-align: center;">Village Coffee Morning All ages welcome Third Monday in the month - Chinnery Room Drop in anytime between 10.30 am and noon Penny Wood 01869 277310</p>
<p style="text-align: center;">Puppy Stars Dog Training Tuesday evening – various classes  Contact Nick 07542 131400 <a href="http://www.puppystars.co.uk">www.puppystars.co.uk</a></p>	<p style="text-align: center;">Parish Council Meeting All villagers welcome Third Monday in the month 7.45pm  Contact 01844 237766 or <a href="mailto:fringford.parishclerk@gmail.com">fringford.parishclerk@gmail.com</a></p>
<p style="text-align: center;">Fringford Yoga Wednesday (term time) 9.30am – 11am Carolyn White 07763 817078</p>	<p style="text-align: center;">Bicester Meditation Space &amp; Sound Bath  First Sunday of the month from 6 -9 pm Sonia - <a href="mailto:contact@holisticaxis.com">contact@holisticaxis.com</a> Please text - 07709634847</p>
<p style="text-align: center;">Just Puppies Puppy Training Wednesday evening – various classes  Contact Kerri 07720 891489 <a href="http://www.justpuppies.training">www.justpuppies.training</a></p>	<p style="text-align: center;">Shelswell WI  First Thursday of the month 7.30pm (Not December or August) Contact Lesley Beagent on 07729605670</p>
<p style="text-align: center;">Pilates Thursday at 10.00am <a href="mailto:natashaflowerspilates@gmail.com">natashaflowerspilates@gmail.com</a> or 07545 525820</p>	<p style="text-align: center;">Mindfulness Meditation Monthly Sunday 11am to 12.30pm <a href="mailto:janerainey17@gmail.com">janerainey17@gmail.com</a> or 07971 008337</p>
<p style="text-align: center;">My Baby Spa Monday mornings Spa experience for babies and toddlers 1 – 4 years <a href="http://www.mybabyspa.co.uk">www.mybabyspa.co.uk</a> contact Danielle at <a href="mailto:contact@mybabyspa.co.uk">contact@mybabyspa.co.uk</a></p>	<p style="text-align: center;">Fringford Sewcial Sew and Chat! Monthly Wednesday from 7pm Or Sunday from 3pm Contact Irene at <a href="mailto:ireneethomas@btinternet.com">ireneethomas@btinternet.com</a></p>
<p style="text-align: center;">Village Hall Team Meeting Please contact for dates  Open meetings – all welcome <a href="mailto:fringford.hall@gmail.com">fringford.hall@gmail.com</a> or 07936 879175</p>	
<p style="text-align: center;">To book the hall for your own event, please go to <a href="http://fringford.info">fringford.info</a>, village hall, how to book Here you will find all the information you will need to book on-line. For any other queries please phone or text 07936 879175 or email: <a href="mailto:fringford.hall@gmail.com">fringford.hall@gmail.com</a></p>	



# Hardwick

## St Mary the Virgin

CHURCHWARDEN: David Barnes, Honeysuckle Cottage, 11 Hardwick  
 TREASURER: David Barnes, Honeysuckle Cottage, 11 Hardwick  
 PARISH SAFEGUARDING OFFICER Flora Skinner  
 MAGAZINE CORRESPONDENT: Veronica Barnes, Honeysuckle Cottage, 11 Hardwick  
 WEBSITE: <http://hardwickvillage.btck.co.uk>

Tel 01869 277690  
 Tel 01869 277690  
 Tel: 01869 277366  
 Tel 01869 277690

### Church Services at Hardwick Church

Sunday 23rd March 4pm Evensong with the Shelswell Group Choir

**From 1<sup>st</sup> November during the winter months**

**Hardwick Church will be open on Saturdays & Sundays 10am to 4pm.**

Private prayer and quiet contemplation

View the architecture, memorials and stained-glass windows

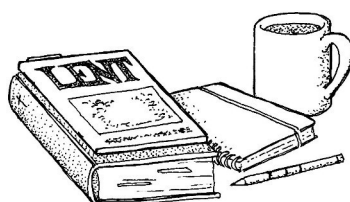
Please make use of this special space

### Pilgrim Pathways

Why not walk the Hethe to Hardwick to Cottisford to Hethe “Pilgrim Pathway”. This 4-mile circular route takes in the C of E churches of each of these villages as well as Holy Trinity, Hethe’s RC church. You can start and end your walk at any point on the route, which takes in some glorious North Oxfordshire countryside. Pick up a free brochure outlining the route from any of the churches or contact David Barnes (01869 277690), who can send you one.

### Hardwick Church guidebook

The guidebook for Hardwick church and the parish of Hardwick with Tusmore is available to collect from the church or contact David Barnes (01869 277690), who can send one to you. This 44-page booklet has over 20 colour photos and provides a fascinating insight into the features and history of Hardwick church, the village and the Tusmore Estate. We ask that you make a minimum donation of £5 to church funds.



# Hethe

## St Edmund and St George

CHURCHWARDEN: Flora Skinner, Fox Hollow, 2 Hardwick Road, Hethe

TREASURER: Mike Green, Greenhill Cottage, Main Street, Hethe

PARISH SAFEGUARDING OFFICER: Flora Skinner as above

MAGAZINE CORRESPONDENT: Mike Green as above

WEBSITE: [www.hethe.org](http://www.hethe.org)

Tel 01869 277366

Tel 01869 278166

Tel 01869 278166

### ST EDMUND & ST GEORGE CHURCH



**“All churches need friends,  
and they are out there ready to be made”**

It looks increasingly likely that our church will close in the next two years. We are truly grateful to all of you who have supported the church through the years, but regular income is falling while expenditure increases. Last year we had a deficit of over £3,000 and this year we already have a deficit of over £600.

It is sad that a church that has existed for over 800 years will cease to be used during our lifetimes.

If you can join in regular giving to give the church a chance of survival, the details are below. If the church does close, the Church Council (PCC) who currently maintain the church will no longer exist. I understand that the Parish Council will be legally bound to take over responsibility for the graveyard, but not the church building, hence my suggestion below for a group of friends. Such a group could continue to maintain the church when it is closed and at least prevent it from falling down.

#### **We need your help**

We believe that most people value the church as a heritage asset, although they may not wish to support the day-to-day running of the church or the arrangements for worship.

The church belongs to the whole parish of Hethe and not just to those who worship there. It belongs to everyone who passes by, borrows a book, makes use of the food donations or who has experienced a special moment involving the church. It is always open for the benefit of all those who would like to visit.

Would you be interested in raising funds to support the maintenance of the church?

We could start a "Friends of St Edmund & St George Church" with the aim of raising funds to support the maintenance of the church's fabric, its fittings and its churchyard. This would be independent of the PCC.

Please indicate if you are interested by contacting either Flora or Mike (contact details above) or via email to [hethepccsecretary@outlook.com](mailto:hethepccsecretary@outlook.com).

And must that plaintive bell in vain  
 Plead loud along the dripping lane?  
 And must the building fall?  
 Not while we love the church and live  
 And of our charity will give  
 Our much, our more, our all.



*Extracted from a poem by John Betjeman*

**Our church is cared for and managed by volunteers (with input from our Rector). We receive no government funding and rely on voluntary donations.**

### Regular Giving

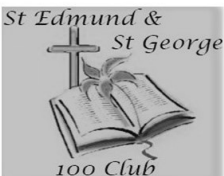
We would be grateful if you could consider giving a regular donation to the church to help keep the doors open. It needn't be too much – current donors give between £10 and £50 a month. There is a simple means of setting up a regular donation to the church through the Parish Giving Scheme – you decide how much, how often, when and whether you can allow gift aid to be claimed. Simply follow this link <https://www.parishgiving.org.uk/home/>, enter Hethe and select St Edmund & St George Church; then select donate and follow the instructions on the screen. Alternatively, you can access the church page through this QR Code or phone the team who are responsible for the scheme on 0333 002 1271.



### Church Services and Events

Note that Mothering Sunday services are being held this year in Stoke Lyne and Stratton Audley, but look out for freebies outside our church!

Remember that you will always be welcome at services in any of our churches in the benefice, or if you are away from the village, you can find a nearby service through the web site <https://www.achurchnearyou.com>.



St Edmund &  
St George  
100 Club

## St Edmund & St George 100 Club

Results of the 73<sup>rd</sup> draw held  
on 15<sup>th</sup> January 2025

1<sup>st</sup> Prize No 47 Ben & Ali Jones  
 2<sup>nd</sup> Prize No 34 Robert Mansfield  
 3<sup>rd</sup> Prize No 22 Sandra Green

Many thanks to our members  
Hethe PCC

The next regular PCC meeting is to be held on Wednesday 25<sup>th</sup> June, but before then all parishioners are invited to the Annual Meeting (APCM) on the evening of Monday 28<sup>th</sup> April. Further details to come.

Finally, a positive note, the church clock is working again – thanks Nick!

## HETHE COMMUNITY ACTIVITY

### Hethe Community Coffee Morning in the Village Hall

**Monday 10<sup>th</sup> March from 10.00am to 12.00pm**

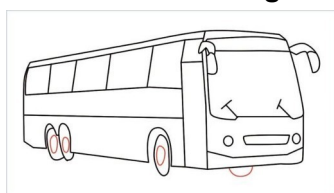
***Friends, neighbours, dog walkers, pram pushers:  
an opportunity to meet during the daytime – there's great  
cake too!***



### Hethe and District Darby & Joan Club

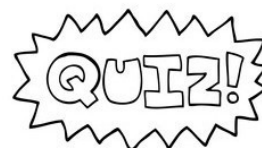
meeting at Hethe Village Hall on the third Tuesday of the month, 2-4pm

**Our next meeting is Tuesday 18<sup>th</sup> March at the Village Hall**



Activities include  
Demonstrations, Quizzes, Trips etc.

Membership £15 p.a.  
- New members welcome.



**... and Hethe and District Darby & Joan Club Bingo**  
at Hethe Village Hall on the third Saturday of the month,  
our next Bingo night is on **Saturday 15<sup>th</sup> March.**  
**Eyes down at 7.30pm.**

BINGO				
12	25	41	51	63
3	30	37	54	66
7	21	FREE	56	74
1	26	35	50	69
10	17	45	47	64



### EASTER FAYRE

**Saturday April 5<sup>th</sup>**

**1 - 4pm**

**Hethe Village Hall**

Tombola, Raffle and Craft Stalls

Proceeds to the Dogs Protection Trust.



# Hethe Village Fete

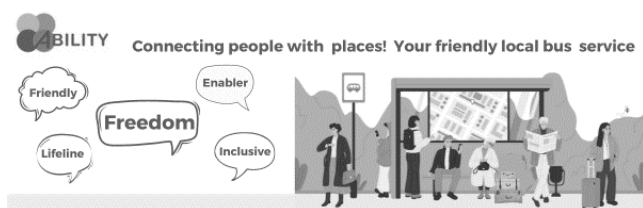
Saturday May 17<sup>th</sup>

at 2pm



***“Save the date!”***

## New Bus Service



Monday to Saturday - pick up at Hethe War Memorial at 07.39, 10.54, 13.42 and 15.42. Last bus departs Bicester at 17.50 to arrive in Hethe at 18.12. Note that this service does not operate on Bank Holidays.

collection of the brown garden waste bins.

**Refuse/Recycling.** Don't forget to renew your licence for

For **Village Hall bookings**, please contact Flora, the Village Hall Booking Secretary, on 01869 277366 [fjskinner@hotmail.co.uk](mailto:fjskinner@hotmail.co.uk).

**The Hardwick Road Allotments.** The contact for the allotments is Yvonne Thomas, 3 Wilson Way, Caversfield, OX27 8FB, tel 243536 or 07773065890. The agents are Carter Jonas for the Oxford Diocese.

## Keep up to date with what is happening in the village through:

Our village web site (courtesy of the Parish Council): <https://www.hethe.org/>

Facebook Pages:

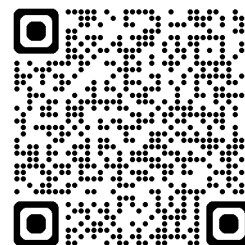
Community Spirit of the Hethens

Hethe Community

Hethe Allotments

The Next Door App - <https://nextdoor.co.uk/>

Shelswell Lift Share WhatsApp Group – Contact Flora to join



## Mixbury All Saints

CHURCHWARDENS: Martin Ayres, Northwell Farm, Finmere	Tel 07899 792552
Alec Howard, Middlestead, Mixbury	Tel 01280 848295
TREASURER: David Mitchell. 2 Town Farm, Mixbury	Tel 01280 847769
PARISH SAFEGUARDING OFFICER Anna Howard	Tel 01280 848295
MAGAZINE CORRESPONDENT: Sue Goodman pasgoodman551@gmail.com	Tel 01280 848002

If you have any news articles for the Parish Magazine please do not forget to let your Magazine Correspondent know in good time – deadline dates are normally found on the inside cover of the Shelswell News. Sue Goodman; email: [pasgoodman551@gmail.com](mailto:pasgoodman551@gmail.com) or telephone: 01280 848002.

### CHURCH SERVICES

Sunday 9th March 9.15 am Mixbury Half Hour

### MIXBURY CHURCH FLOWER ROTA 2025

March	Emma Bray
April	Easter – Everyone
May	Jane Marshall
June	Kate Darby
July	Sue Goodman
August	Helen Backon
September	Philippa Brown
	Harvest festival – everyone
October	Morag Westworth
November	Fi Bairstow
December	Carol service and Christmas - everyone
Reserve Sam Lockwood	

Thank you to everyone for doing church flowers. It's much appreciated.  
If anyone wishes to be added or removed from the list, please get in touch with Eryl on 07840 464541.



### MIXBURY CHURCH CLEANING ROTA 2025

Thank you to everyone who has volunteered to go on this rota in order to clean and to help maintain the church throughout the year. Your hard work is very much appreciated.

MARCH Giovanna Holdcroft and Tanya Howroyd  
 APRIL Emma Bray and Viv Williams  
 MAY Alison Bailey, Pam Burrill and Jules Channon  
 JUNE Nicola Adams and Anna Howard & Sue Boshier  
 JULY Julie Mitchell and Helen Backon  
 AUGUST Rebecca Ayres and Eryl Tobin  
 SEPTEMBER Giovanna Holdcroft and Tanya Howroyd  
 OCTOBER Emma Bray and Viv Williams  
 NOVEMBER Alison Bailey, Pam Burrill and Jules Channon  
 DECEMBER Gail Bellingham, Mel Soar & Sue Boshier

If anyone else would like to help with cleaning, we would be very grateful for extra volunteers. This would help to lighten the load on otherwise busy people. The job only requires a couple of hours simple cleaning in your allotted month, and if you can find a partner or join a group of two to make groups of three, it can be a pleasant way to involve yourself in the village and familiarise yourself with our beautiful church. For more information please contact - Julie Mitchell on 01280 – 847769

### MIXBURY POP UP PUB NIGHTS

The Mixbury Pop Up Pub has been a tradition in the village for many years now and is a lovely way to socialise and make friends. The hosts provide the venue, glasses and a few nibbles and the guests arrive with their own drinks. If you are interested in hosting a pub night please contact Tanya – email:

[markandtanya@yahoo.co.uk](mailto:markandtanya@yahoo.co.uk).

### POPPIES



Thank you to the knitters who have been busy producing poppies, but we still need more – its quite relaxing on these dark nights making a bright red poppy! Need a new pattern to try just email as I have collected quite a few now crochet and knitting. If you would like to be involved – there is still time to get motivated, and if you need any help we have people available. Email: [pasgoodman551@gmail.com](mailto:pasgoodman551@gmail.com).

2025 will be the 80th anniversary year of the end of WW2 and it would be fantastic if Mixbury can get this display up and running in memory of all those who served in both World Wars. (Sue Goodman and Team).

**Save The Dates!**

**8<sup>th</sup> May 2025**

**Event Still Being Organised but don't go out!**

**More details to follow!**

**8<sup>th</sup> June 2025**

**The Big Lunch Picnic**

**More details to follow!**

## Newton Purcell St Michael and All Angels

CHURCHWARDENS: Ann von Maltzahn, Home Farm Shelswell Park	Tel 01280 848680
Stuart Hinton	Tel: 07593 784143
TREASURER: Fai Li	Tel: 07725 009838
PARISH SAFEGUARDING OFFICER Flora Skinner	Tel: 01869 277366
MAGAZINE CORRESPONDENT: Ann von Maltzahn	Tel 01280 848680

### Services:-

Sunday 2nd March - 9.15 a.m. Holy Communion

### Churchyard Clear Up:-

It's that time of year again when we need to be thinking of having a Churchyard Clear Up morning. The date is yet to be fixed but if anyone would like to join the party to help please contact either of the Churchwardens who will be delighted to hear from you. Many hands make light work!!

### The Old School:-

Restoration work to The Old School is nearing completion. Thanks to all who have worked so hard on the project! If you are planning a party or need a venue for meetings we will soon be taking bookings.

### The Summer Fete:-

Plans are well underway for this year's Summer Fete on **Saturday 7th June** which promises to be even better than last year with something of interest for all the family so please make a note in your diary and make sure you are around that weekend!

More details in next months magazine.

## Stoke Lyne St Peter's

CHURCHWARDEN: Christopher Poole <a href="mailto:CTP@oxford-educational.co.uk">CTP@oxford-educational.co.uk</a>	Tel 01869 346020
Alison Miller <a href="mailto:alisonjanemiller@icloud.com">alisonjanemiller@icloud.com</a>	Tel 07762 719198
TREASURER: Janey Poole <a href="mailto:janey@oxford-educational.co.uk">janey@oxford-educational.co.uk</a>	Tel 07810 120457
PARISH SAFEGUARDING OFFICER Emma Brown <a href="mailto:emmabrown911@gmail.com">emmabrown911@gmail.com</a>	
MAGAZINE CORRESPONDENT: Rena Andrews <a href="mailto:renaandrews820@gmail.com">renaandrews820@gmail.com</a>	Tel: 01869 346653
PARISH ROOM BOOKINGS : Kelly and James Holden-White <a href="mailto:kholdenwhite@aol.com">kholdenwhite@aol.com</a>	Tel 01869 345211
WEBSITE <a href="http://www.stokelyne.org">www.stokelyne.org</a>	

### St Peter's Church Stoke Lyne Services

See back page for details.

### Flower Duty for March

Jane Webb

### Churchyard Spring Clean – 10am Saturday 8<sup>th</sup> March

This year we will concentrate on the churchyard and will return to clean the inside after the repairs on the roof and ceiling have been completed. We will let you know this date and a cleaning rota will be set up for after the full spring clean. Please let Kelly know if you would be happy to be on the rota.

Please bring loppers and ladders to help with cutting back branches and shrubs on 8<sup>th</sup> March (bacon sandwiches provided).  
Kelly Holden-White



## Stoke Lyne W.I. – Notification of Funeral for Former Member

I have just been notified that one of Stoke Lyne's W.I. older members, Marge Davis, passed away last week. Marge had been a member of Stoke Lyne W.I. since 1972 after the W.I. at Tusmore closed. She was a very active and valued member. When we used to do catering for coach trips she was always willing to help, be it cooking or washing up, Marge was always there. When she became unwell after a fall, she went into a nursing home to recuperate and loved it so much she decided to stay.

THE FUNERAL IS TUESDAY 4TH MARCH 1.00 AT HARDWICK CHURCH

where she will be laid to rest beside her beloved husband and other Tusmore friends buried there.

Rena Andrews



## Stoke Lyne 100 Club - February Results

1 <sup>st</sup> Prize	Membership No 36	Jeanette Smith
2 <sup>nd</sup> Prize	Membership No 6	Faye Billingham
3 <sup>rd</sup> Prize	Membership No 4	Pam Adams

Congratulations everyone and thank you so much for all your support. Anyone who has not yet joined this club please email me for details in setting up monthly payments of £3.00 per month. You may be amongst the lucky winners next month.

Janey Poole  
Treasurer, St Peter's Church PCC

## Senior Citizens Lunch – 15<sup>th</sup> February

Ped set up his bbq (under a gazebo, in case of wet weather) early on Saturday and the delicious smell from the spit was enjoyed through the morning as vegetables and puddings were prepared.

The meal was enjoyed by all, with some villagers receiving their food via Stoke Lyne's answer to 'Deliveroo'. We were delighted to have a musical accompaniment from Ped and everyone commented on what a fun afternoon it had been.

Many thanks to Ped, Linda, Sammy and James for their support with the event.

Kelly Holden-White.





*Senior Citizens' Lunch*



## **A Look at WW2 Evacuees in Stoke Lyne**

With the VE day 80<sup>th</sup> anniversary celebrations coming up in May this year, I thought I would look at the stories I've discovered of evacuees who spent time in the village. The first account below was originally published in the June 2005 issue of Shelswell News from a letter sent to the Revd Ricky Yates and as we probably have many new readers since then I thought it would bear repetition, especially as it pre-dates the magazine archive now on the Benefice website:

*"In this year of commemoration of the end of the Second World War 60 years ago I thought it may be of interest to some in Stoke Lyne to hear about, and perhaps remember, the evacuees that were sent there from London around July 1940.*

*I was one of them. My name then was Audrey Turner and I came from Walthamstow in East London sometime before my 5<sup>th</sup> birthday.*

*I was lined up outside the School and ladies from the village came along and selected the child (or children) they would take into their homes. Together with my very old friend Beryl Vint we were the last to be chosen. Mrs G Taylor who was the wife of the landlord at the Peyton Arms took us both. She had two girls Iris and Mary and we lived very happily with the family for over a year. Iris and Mary were a little older than Beril and I but we all got along famously.*

*I quote from a postcard showing the Peyton Arms dated August 1940 that Mrs Taylor sent to my mother.*

*"Audrey arrived safely this afternoon and seems quite happy and plays with our little girls. I will get her to write to you later but am not saying too much at present. This is her new home."*



*We were not allowed inside the Pub of course, but to this day I can remember the warm smell of hops coming from the open door in summer and the day of deliveries when the huge cellar door was open. Mr Taylor would shout at us to keep away from the steps! We played also with the boys from the farm next door to the Peyton Arms, David and Michael (?) Curtis. We helped or hindered in the fields with them at Harvest time.*

*We went to the school and of course Sunday School at St Peters. Such memories I have of those days. The noise of the pigs as they were being slaughtered at the Blacksmiths, dancing around the May Pole on May Day, skating on the pond just down from the Peyton Arms. Watching the hares run from the combine-harvester. Being given chocolate from some American servicemen who were for some reason outside the school.*

*We were moved on from the Peyton Arms to a cottage near the School, but stayed only a short while. I seem to recall the lady was on her own and did not look after us very well. We were taken from there when it was discovered we had huge scabs in our heads!*

*Mrs Denny and her family took us in. They lived right opposite the School. Mr and Mrs Denny also had two daughters but they appeared to be much older than us. Mr Denny kept bees and it was Mrs Denny who encouraged me to play her piano. I carried on when I returned to London and became quite good at it.*

*I was taken back to Walthamstow after 2 ½ years and in that time I only saw my parents twice. I returned to the wrath of the V1 and V2s, bomb damage and shelters.*

*So many memories, some good, others sad but the effect they had upon me and others like me was enormous. After all these years I recall everything so clearly. When I tell my three children that I was only 4 ¾ years old when I was sent away, they look at me aghast. I have a few photographs and have copied them to give them all a reminder of what it was like all those years ago."*

*I do appreciate you reading this and hope you found it interesting. There may be just someone in the village that remembers those days! I would be very happy for anyone interested to be in touch."*

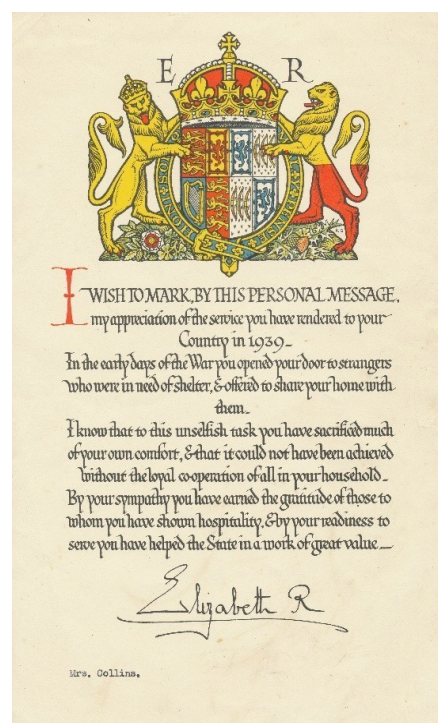
I've not included Audrey's contact details as this was 20 years ago nor have I included her photos as my scan of the original article is too grainy but they show Audrey and her friend Beryl as well as Iris and Mary Taylor.

A certificate of appreciation was issued to those who hosted evacuees. This one was issued to Pedro Collins' grandmother. At the time of the 1939 register his grandparents were living in Hardwick.

My next story is also connected with the Walthamstow evacuees and comes from the "Oxford Mail and Times, 11<sup>th</sup> April 1975:

*BACK TO VILLAGE LONDONERS Bert and Gert Beazley couldn't get enough of the tiny village of Stoke Lyne, near Bicester.*

*Not satisfied with their brief stay there during the war to care for the evacuees, the cockney couple came straight back to the village as soon as Bert retired and today celebrate their golden wedding at their home, 7 The Close.*



*With thanks to Pedro Collins*

*Gert, 77, first met Bert, who is 81, as she was getting off a train in Walthamstow. They were married a year later in Islington.*

*After a stay of five years, the couple returned to London but sadly missed village life. So as soon as Bert retired as a French-polisher, the couple came back to the country.*

*Gert has played the organ at Stoke Lyne Church for the past 16 years.*

Their photo and the accompanying newspaper story appears on Oxfordshire's Heritage search website <https://heritagesearch.oxfordshire.gov.uk/images/POX0390721>

Bert (Albert) was born in 1894 and Gert (Gertrude) was born in 1898. They married in 1925 and from the records it looks like they had two children Rex and David born in 1932 and 1936 so presumably they too came to the village with their parents during the war. Presumably part of Bert and Gert's role was to escort the evacuees to the village from Walthamstow and perhaps it was they who were responsible for moving Audrey and Beryl on from their second placement when things did not seem to be going well there. Bert died in 1980 and Gert in 1975 and both are buried in our churchyard.

My last evacuee story comes from a project on the BBC website called "WW2 People's War" which invited members of the public to contribute their memories. It was submitted by a Phil Sealey of the Somerset County Museum Team on behalf of evacuee Judy O'Malley. Judy says that her family had moved to Winchester and:

*"I was sent off to a convent, which although the base of the convent was in Upper Norwood in London, had been evacuated to Oxfordshire, just outside Bicester. To get there we had to go by train to Reading, change at Reading, Reading to Oxford, change at Oxford, off the train there and then get a bus from Oxford to Bicester. At Bicester the milk van from the village of Fringford, where we were actually evacuated to, came to pick us up. That is how we got there all during the war, backwards and forwards. The van used to deliver everything; beside milk it delivered bread, the post and carried people. In fact in Fringford village itself they still had girls with yokes who delivered milk."*

*"My sisters were at the same Order of Nuns at Cromer, which closed down at the beginning of the war because it was a dangerous area to be in. So we were all evacuated, the convent itself was divided into two houses, one in Fringford and the other in Stoke Lyne. The younger ones, like me at seven, went to the one at Fringford, and my sisters, who were older than I was, went to Stoke Lyne. So I was left there, a child of seven, in this stately home."*

And this where I think things get a bit muddled up as Judy continues:

*"The house belonged to Lord and Lady Eyles, they had two daughters and a son Algernon. He went off to war, and the two daughters and Lord and Lady Eyles lived in the Lodge. They were very much a presence, very loud, very posh — "hello, Delia" — that sort of thing, quite amusing!"*

The first names Algernon and Delia are of course the same as those of the 7<sup>th</sup> Baronet, Sir Algernon Peyton and his daughter Delia Peyton so they imply that Judy was at Swift's House rather than Fringford Manor as originally stated, and Swift's House did indeed have a Lodge. The mention of there being two daughters and a son who had gone off to war also fits with the Peytons. Delia's sister was called Elizabeth, and the brother who went off to war was John. He was sadly killed in that conflict and is commemorated on the plaque in St Peter's Church. But from where did Judy recall the names "Lord and Lady Eyles"?

In spite of this confusion, the rest of Judy's testimony gives an interesting insight into local life at that time and it is well worth clicking on/typing in the link below into your browser to visit the webpage to read it in full:

<https://www.bbc.co.uk/history/ww2peopleswar/stories/77/a8820777.shtml>

*Brenda Hazel*



# Stratton Audley and Godington

## St Mary and St Edburga; Holy Trinity

CHURCHWARDENS: Sarah Noujaim, 15 Cavendish Place, Stratton Audley  
Penny Oakey, Grange Farm, Godington

Tel 07941 273145

Tel 01869 278778

TREASURER: Fai Li

Tel 07725 009838

PARISH SAFEGUARDING OFFICER Maxine Ling

MAGAZINE CORRESPONDENT: Vacant (Stratton Audley); Sylvia List (Godington) [editor@shelswellparishes.info](mailto:editor@shelswellparishes.info)

### CHURCH SERVICES

Sunday 2nd March 6.00 pm Compline, Godington

Sunday 9th March 10.45 am Morning Service, Stratton Audley

Sunday 23rd March, 9.15 am Holy Communion, Stratton Audley



Wednesday 5th March  
**7.30pm Holy Communion**  
**Holy Trinity Church, Godington**  
with the Shelswell Group Choir



### Invitation to celebrate Mothering Sunday



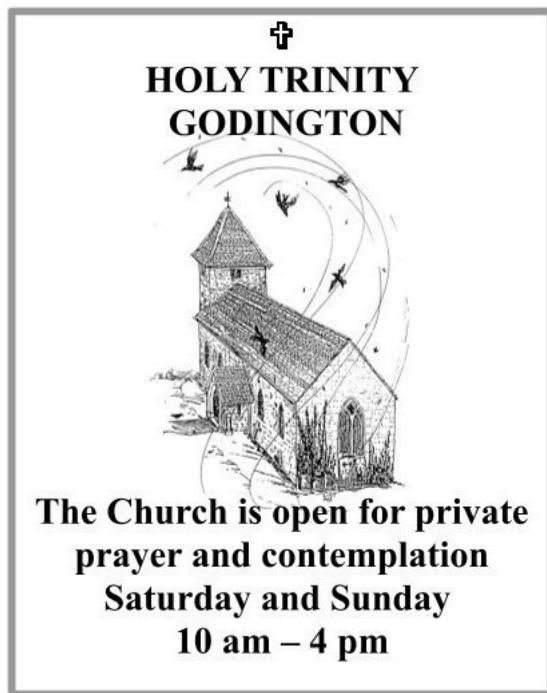
Sunday 30<sup>th</sup> March  
10.45am  
St Mary & St Edburga's,  
Stratton Audley

We really hope you can come along to a short service to celebrate with us on Mothers' Day. Hopefully, mothers will already have enjoyed breakfast in bed, or will be going out to lunch with family, but do call in to church at 10.45am for half an hour to mark the occasion as a community.

Flowers for all!

## FOODBANK

Please don't forget the foodbank donation point in the church porch in Stratton Audley, supporting Bicester Foodbank! Thank you to everyone who donates. Particularly appreciated are tinned fruit, veg, soup and fish also coffee and hot chocolate. The Rector, Alice Goodall is a 'Local Referrer' and can refer anyone who is in need to the Bicester Foodbank. Contact: Alice Goodall, The Rectory, Finmere 01280 848192 [alicegoodall313@gmail.com](mailto:alicegoodall313@gmail.com)



### 'Little Lambs' Baby and Toddler Group

Stratton Audley Church

Wednesdays 10am - 11.30am  
(Term Time)

Come & join us! Play, music and stories.  
Tea, coffee and snacks for adults and  
children

Meet new families from the local area.

If you'd like more details or to be added to our regular email circulation then please email [admin@shelswellparishes.info](mailto:admin@shelswellparishes.info)

## The Last Word

*For young and young at heart Readers!*



**Pranay Pathole**  
@PPathole

Tech enthusiasts: My entire house is smart.

Tech workers: The only piece of technology in my house is a printer and I keep a gun next to it so I can shoot it if it makes a noise I don't recognize.

Here's to a weekend of good decisions and smart life choices.



# The Doctor and the Patient



JESUS HAD MANY FRIENDS



BUT SOME WERE EXTRA SPECIAL. THESE WERE HIS 'DISCIPLES'.

JESUS ONCE ASKED A TAX-COLLECTOR CALLED 'MATTHEW' TO BE ONE OF HIS TEAM

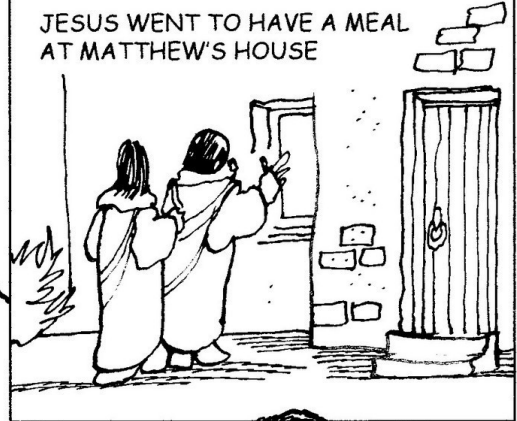


YES!

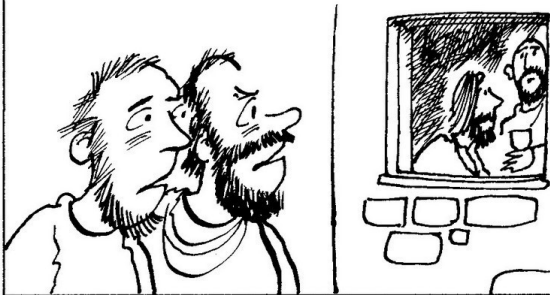


MATTHEW AGREED TO FOLLOW JESUS

JESUS WENT TO HAVE A MEAL AT MATTHEW'S HOUSE

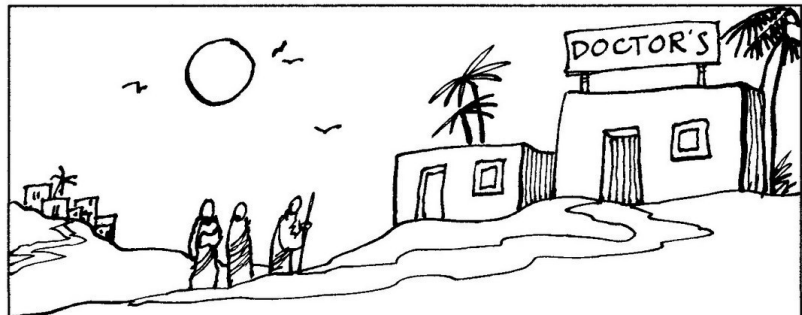


BUT MANY PEOPLE COMPLAINED ABOUT THIS. THEY THOUGHT MATTHEW WAS A BAD MAN - AND JESUS SHOULD IGNORE HIM.



JESUS' REPLY WAS VERY STRAIGHT FORWARD.

HE EXPLAINED THAT MATTHEW NEEDED HELP, NOT CRITICISM,



"IT'S NOT THE WELL THAT NEED A DOCTOR - BUT THE SICK!"  
see Luke 5:27-32

# Bible Bite

A short story from the Bible

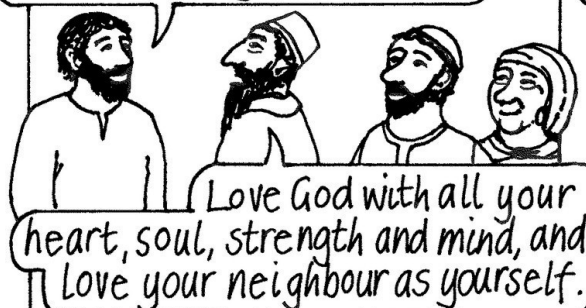
It can be read in the Bible in  
Luke 10:25-37

An expert in the Law of Moses wanted to test Jesus' knowledge of the laws in the Bible, so he asked Jesus a question.

Teacher, so what must I do to get eternal life?



What does it say in the Bible?



Love God with all your heart, soul, strength and mind, and Love your neighbour as yourself.

You've got it right.



But who counts as a 'neighbour'?

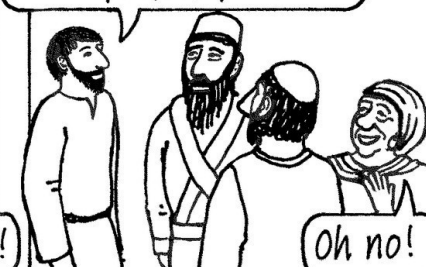
So Jesus told a story -

A man was walking from Jerusalem to Jericho



That's a dangerous road!

He was attacked by robbers who left him for dead.



Oh no!

A priest was walking the same way, and after him a lawyer.



Oh, they are good people, they'll help.

They saw the hurt man but they walked past



I bet it's an ordinary person who helps!

Then a man from Samaria came that way...



Oh no! We hate them and they hate us Jews! That hurt man is done for!

He felt sorry for the hurt man, and cleaned and bandaged his cuts.



What? No!

He put him on his donkey, took him to an inn, and paid for him to stay.



So who was a real neighbour to the hurt man?



The... the Sss... the one who helped him.

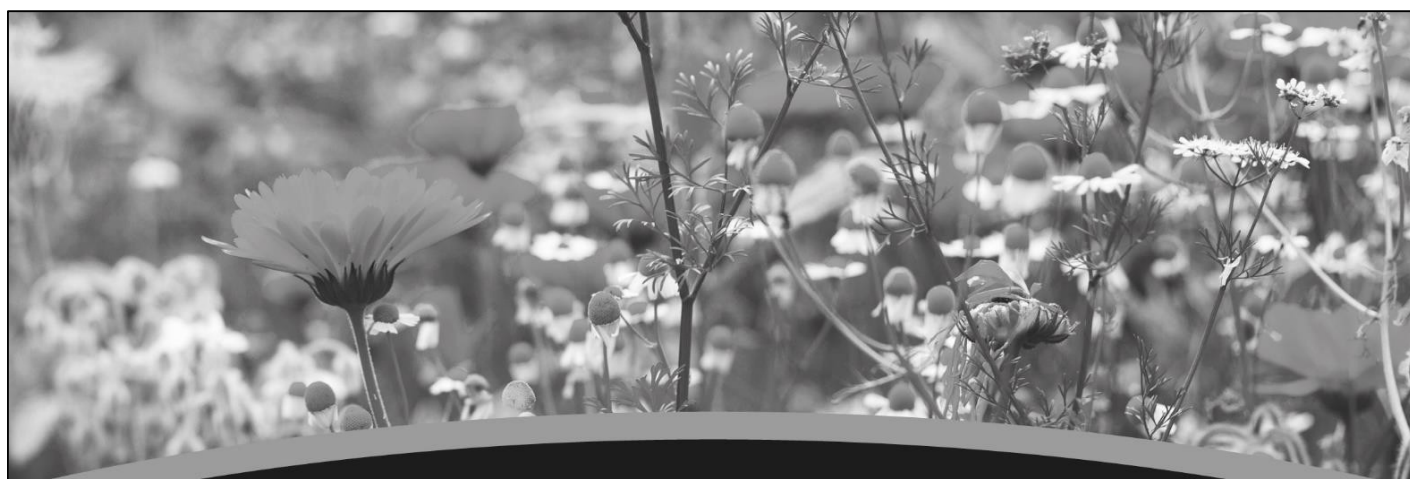
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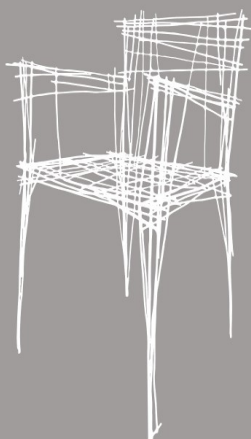
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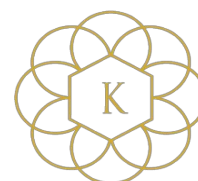


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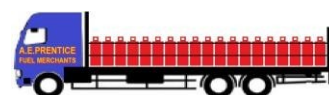
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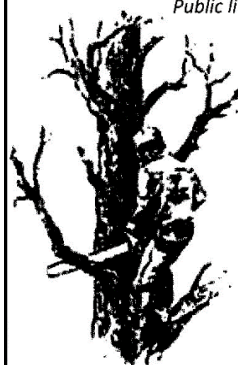
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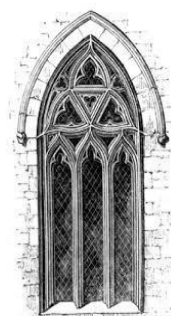
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